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ALLSTATE	E CORP								
Form 4	1.4								
June 03, 202	ЛЛ						PPROVAL		
FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSIO Washington, D.C. 20549							3235-0287		
Check th		```	vasnington, D.C	20549		Number: Expires:	January 31,		
if no lon subject t Section Form 4 o	STATEN 16. or		F CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES				2005 average irs per 0.5		
Form 5 obligatio may con <i>See</i> Instr 1(b).	ons Section 17((a) of the Public		Company Act	ange Act of 1934, t of 1935 or Sectio 1940	on			
(Print or Type	Responses)								
1. Name and Address of Reporting Person <u>*</u> ROWE JOHN W			suer Name and Tick ol	C	5. Relationship of Reporting Person(s) to Issuer				
(Last)	(First) (STATE CORP [te of Earliest Transa	-	(Che	ck all applicable	e)		
C/O THE A	ALLSTATE ATION, 2775 SAN	(Mon 06/0	th/Day/Year) 1/2014		X Director Officer (give below)		6 Owner er (specify		
KUAD	(Street)	4 If 4	Amendment, Date O	riginal	6 Individual or 1	oint/Group Fili	ng(Check		
(bitet)			Month/Day/Year)	ngmai	6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person				
NORTHBR	ROOK, IL 60062-	6127			Form filed by Person	More than One Ro	eporting		
(City)	(State)	(Zip)	able I - Non-Deriv	ative Securities A	Acquired, Disposed o	of, or Beneficia	lly Owned		
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	Execution Date, i any	f TransactionAcq Code Disp r) (Instr. 8) (Inst	oosed of (D) r. 3, 4 and 5) (A) or	Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
			Code V Amo	ount (D) Price					
Reminder: Re	port on a separate line	e for each class of s		• •	or indirectly. spond to the collect	ation of s	EC 1474		
			ir re d	nformation con equired to resp	ntained in this form bond unless the for ently valid OMB co	are not m	(9-02)		
	Tab		Securities Acquired calls, warrants, opti		r Beneficially Owned securities)	l			
1. Title of Derivative		nsaction Date 3A th/Day/Year) Ex			ber 6. Date Exerci vative Expiration Dat		Title and Amount of8. Propertyderlying SecuritiesDerivative		

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Security (Instr. 3)	or Exercise Price of Derivative Security		any (Month/Day/Year)	Code (Instr. 8)	Securitie Acquired (A) or Disposed (D) (Instr. 3, and 5)	l l of	(Month/Day	/Year)	(Instr. 3 and	Instr. 3 and 4)	
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Restricted Stock Units	<u>(1)</u>	06/01/2014		А	2,575		<u>(1)</u>	(1)	Common Stock	2,575	\$

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
ROWE JOHN W C/O THE ALLSTATE CORPORATION 2775 SANDERS ROAD NORTHBROOK, IL 60062-6127	Х						
Signatures							
/s/ Katherine A. Smith, attorney-in-fact fo Rowe	r Mr.	06/03/2014					
**Signature of Reporting Person		Γ	Date				
Evalenction of Deeneng							

Explanation of Responses:

- * If the form is filed by more than one reporting person, see Instruction 4(b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Restricted Stock Units (RSUs) are granted under The Allstate Corporation 2006 Equity Compensation Plan for Non-Employee Directors, as amended and restated. Each RSU represents the right to receive one share of Allstate common stock upon the earlier of the day (1) following (i) the date of the reporting person's death or disability, or (ii) the date on which the reporting person is no longer serving as a

director of Allstate. Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.